

## **PHYSICAL EDUCATION RESOURCES**

As a service to its users, the Vermont Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Vermont Department of Education. Information contained on such linked resources should be independently verified.

For more information or to provide feedback about these resources, contact Lindsay Simpson, Physical Education Consultant, at (802) 828-1461 or [lindsay.simpson@state.vt.us](mailto:lindsay.simpson@state.vt.us).

NOTE: All the links provided below will take you off the department's Web site.

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### **Physical Education Curriculum & Assessment Resources**

#### **[Physical Education Curriculum Analysis Tool](#)**

Co-developed by the National Association for Sport and Physical Education and the Centers for Disease Control and Prevention the Physical Education Curriculum Analysis Tool (PECAT) will help school districts conduct a clear, complete, and consistent analysis of written physical education curricula, based upon national physical education standards. The PECAT is customizable to include local standards. The results from the analysis can help school districts enhance existing curricula, develop their own curricula, or select a published curriculum, for the delivery of quality physical education in schools.

#### **[NASPE's Appropriate Practices for Physical Education](#)**

The National Association for Sport and Physical Education (NASPE) has published four booklets describing physical education practices that are in the best interest of children. They include guidelines for curriculum design, learning experience, fitness activities, fitness testing, assessment, participation levels, forming groups, competition, and many others. Interested parties can download at no cost one copy of each booklet for personal, non-commercial use or classroom (educational) use. Multiple bound copies may be purchased for enhancing an advocacy presentation or to hand out at school board meetings.

#### **[Vermont's Riverdeep Learning Village](#)**

This Web site is a free, searchable, on-line, curricular materials database including unit plans, lesson plans, assessments and other resources for physical education which are aligned with the Vermont Grade Expectations for Physical Education.

#### **[FITNESSGRAM/ACTIVITYGRAM](#)**

FITNESSGRAM/ACTIVITYGRAM is a comprehensive educational and promotional tool for fitness and activity assessment. The program builds individualized reports which evaluate each child's personal fitness compared against criterion-referenced health standards. Reports can then be shared with parents. In addition, physical educators and students can build individualized activity plans for each child and record progress toward achievement of fitness goals.

### **Physical Best**

Physical Best is a comprehensive health-related fitness education program developed by physical educators for physical educators. Physical Best was designed to educate, challenge, and encourage all children to develop the knowledge, skills and attitudes for a healthy and fit life. The goal of the program is to move students from dependence to independence for their own fitness and health by promoting regular, enjoyable physical activity. The focus of Physical Best is to educate ALL children regardless of athletic talent, physical and mental abilities or disabilities.

### **Project Adventure**

Project Adventure's cutting edge physical education, health/wellness, and behavior management programs are based on 30 years of experience, standards in education and best practice. Programs are designed to impact student health and character development and resources include workshops for professionals, challenge course design and installation, adventure curricula, and customized system-wide programs.

### **Fitness for Life**

Fitness for Life is a comprehensive program designed to help middle and high school students take responsibility for their own activity, fitness, and health and to prepare them to be physically active and healthy throughout their adult lives. The programs are pedagogically sound and were built on educational standards recommended by the National Association for Sport and Physical Education, as well as standards that integrate the text with other subject matter areas. Resources include integrated teacher and student materials, including a personal fitness textbook, Web support and additional supporting technology. Fitness for Life is also fully integrated with Physical Best and FITNESSGRAM/ACTIVITYGRAM.

## **Physical Education Professional Associations**

### **American Alliance for Health, Physical Education, Recreation and Dance**

The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle. AAHPERD provides members with a comprehensive and coordinated array of resources, support, and programs to help practitioners improve their skills and to further the health and well-being of the American public.

### **National Association for Sport and Physical Education**

The National Association for Sport and Physical Education (NASPE) is a division of the American Alliance for Health, Physical Education, Recreation and Dance. NASPE aims to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport, and physical activity programs through research, development of standards, and dissemination of information.

### **Vermont Association for Health, Physical Education, Recreation and Dance**

The mission of the Vermont Association for Health, Physical Education, Recreation, and Dance (VTAHPERD) is to promote active lifestyles by enhancing professional growth and development within each discipline, developing and supporting quality programs, and reinforcing interaction among all professionals in all disciplines within the association and in the educational community.

## **Physical Education Grants**

### **Carol M. White Physical Education Program (PEP) Grant**

This program provides grants to initiate, expand, and improve physical education programs for K-12 students in order to help them make progress toward meeting state standards for physical education. Funds may be used to provide equipment and support to enable students to participate actively in physical education activities. Funds also may support staff and teacher training and education.